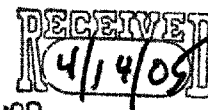


TO: Office of Nutritional Products, Labeling & Dietary Supplements
Center for Food Safety & Applied Nutrition, Food & Drug Administration
5100 Paint Branch Pkwy.
College Park, MD 20740



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NOTICE OF STATEMENTS UNDER 21 U.S.C. § 403(r)(6)

This notice is applicable to the following dietary supplements: XLA Sport, and XLA Caffeine Free. Pursuant to the requirements of 21 C.F.R. § 101.93, please take notice of the following information, which is applicable to both supplements:

(i.) The name and address of the manufacturer, packer, or distributor of the dietary supplement that bears the statement;

The Lifestyles Group, Ltd.
6800 Jericho Turnpike, Suite 102W
Syosset, New York 11791

(ii.) The text of the statement that is being made;

- (a) Independent research on R(+)ALA has shown it to be a potent antioxidant that increases the uptake of glucose by your muscles, thus helping it to be burned off as energy, instead of as fat.
- (b) Lose Fat – Increase Lean Body Mass
- (c) Product for the Body & Mind

(iii.) The name of the dietary ingredient or supplement that is the subject of the statement, if not provided in the text of the statement;

- (a) R(+) Alpha Lipoic Acid (from stabilized K-R-Alpha Lipoic Acid)
- (b) R(+) Alpha Lipoic Acid (from stabilized K-R-Alpha Lipoic Acid); Gamma Linolenic Acid; Conjugated Linolenic Acid
- (c) R(+) Alpha Lipoic Acid (from stabilized K-R-Alpha Lipoic Acid); Gamma Linolenic Acid; Conjugated Linolenic Acid

CERTIFICATION

Pursuant to 21 C.F.R. § 101.93(3), the undersigned, being duly authorized by Lifestyles Group, Ltd. hereby certifies that the information contained in this Notice is complete and accurate, and the Lifestyles Group, Ltd. has substantiation that the statements to which this Notice applies are truthful and not misleading.

ARNOLD KAMHI, M.D.

Chief Medical Officer, Lifestyles Group, Ltd.

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